

SENIOR HAPP'Y'NINGS

**NOVEMBER/DECEMBER
 2019**
 27 BROOK STREET
 SCITUATE, MA 02066



HOURS OF OPERATION:
 Monday-Thursday
 8:30 AM-4:30 PM
 Friday
 8:30 AM—3:00 PM

COA STAFF

Director -Linda Hayes
 lhayes@scituatema.gov

Administrative Assistant
 Jill Johnston
 jjohnston@scituatema.gov

Transportation Coordinator
 Kathy Clarkeson
 kclarkeson@scituatema.gov

Outreach Coordinator
 Jenny Gerbis
 jgerbis@scituatema.gov

**Activities & Volunteer
 Coordinator**
 Lisa Thornton
 lthornton@scituatema.gov

Van Drivers: Mary Brown,
 Jay Brien, Jim Keeley,
 Joe Swindler

Manager of Social Services
 Laura Minier
 lminier@scituatema.gov
 781-378-1653

COA BOARD

John D. Miller, Chair
 Janice Desmond, Co-Secretary
 Caitlyn Coyle, Co-Secretary
 Leslie James,
 Janice Lindblom,
 Lucille Sorrentino,
 Henry Yeh

Selectman Liaison
 Karen Canfield

MISSION OF THE SCITUATE COUNCIL ON AGING

To identify the unique needs and interests of our senior citizens and implement programs that will enhance their quality of life, foster independence and ensure the physical and emotional well-being of a growing older population.

The main thing is to keep the main thing the main thing. (Stephen Covey)

For best success in our endeavors, we should create and maintain a focus that does not get blurred by minor details, digressions or distractions. Stephen Covey's book, "The 7 Habits of Highly Effective People" was also written for Teens (and by his son, Sean Covey for conveying his message even to children) because of the simple and, yes, "effective" messages. Although it has been a long time since I read and even followed his tenets, some still resonate with me (Begin with the End in Mind; Think Win-Win; Seek First to Understand") and in hindsight may have truly helped to develop and shape many of my choices. "Keeping the main thing the main thing" is a nice reminder of where our attention and focus should remain, even when tested or when our reactions to events can easily begin to obscure the original objective. We at the Senior Center do know what our main thing is: to continue to provide programs, services and opportunities to bring older people together (information, education, stimulation, activity, comfort, connection) all to combat isolation, loneliness, inactivity, loss of purpose, grief as well as to enhance quality of life, independence and socialization. The truth is, sometimes it is hard to balance admitting the limitations of our current site with wanting to offer as much as we can, to as many as we can, under our current circumstances. So despite our inadequate and challenging parking, difficult access and egress, neighbors in close proximity, fitness classes and programs off-site, and limited space, we forge on. We have many great programs, activities and support that we hope you will take advantage of, knowing the "end" is near and in a little over a year's time we will have our new facility—and our "main thing" will continue but with so much more opportunity, flexibility and interest!

In addition, as many of you know we have said goodbye (at least on a regular basis) to our long-time SHINE volunteer Norman Tetreault. He has been counseling everyone entering the Medicare world at retirement and beyond in Scituate for seven years with us. We have appreciated his in-depth knowledge of the system and his efforts to meet every client's needs with his complete time and attention. Thank you for your patience with the transition as we have a new volunteer coming to the center only twice a month to meet with clients. His name is Rich Durkin, a Scituate resident, and we are very happy to welcome him and for his time and effort on our behalf in this significant role.

As we enter the holiday seasons for November and December, you are all the main focus for the work that we do here at the center — I look forward to sharing our blessings and celebrating the magic! ♥ **Linda**



After Dark Dine Out & Music, 6pm-8:30pm
Street Magic @ Station 8, Marshfield
 Wed, Nov 20, Dec 18, Music starts @ 7 pm
 Call to sign up and reserve your spot.

COA Holiday Party Fri, Dec 20 @ Noon
 @ Senior Center, 27 Brook Street
Policeman's Lunch—Sat. Dec 14 @ Noon
 Congregational Church, Country Way

☞ Programs, Special Events, Speakers ☞

Café Talks — DAYS & TIMES Vary; To enroll for a course or event, please call us at 781-545-8722
Information, social opportunity, and refreshments. We have a varied lineup of CAFÉ TALKS you won't want to miss!
Café Talks will be cancelled for lack of sign-ups, so please call to let us know that you are planning to attend.

SCITUATE 50+ JOB SEEKERS NETWORKING GROUP

10:30am-12:30pm (Check-in @ 10am, Bring Coffee)

NETWORKING WORKS! Your AGE really is your EDGE!

Session 1 continues: Nov 13 & 20, Dec 4 & 18

Session 2: Jan 8 & 22, Feb 12 & 26, Mar 3 & 25, Apr 4 & 22

Session 2—Jan 8 -Self Assessment, Jan 22 -Elevator Speech

Scituate Town Library, Community Room (lower level)

Pre-Registration Required @ www.mcoonline.com/50plus

UKULELE CLASS CONTINUES!

Fridays @ 11:00 for Beyond Beginners

1 hr class; \$25 —5 weeks

Oct 18—Nov 15

Harbor Community Building, 44 Jericho Rd

Please call to sign up for the next session! \$25 -\$40 depending on # of students enrolled in the session. Please call if you are interested in either session. 781-545-8722



MONTHLY ART APPRECIATION SERIES

Wednesdays @ 11am Nov. 13, Dec 11, Jan 8



“Art for Your Mind” is an engaging, educational, art observation experience designed to broaden the minds of its participants. Programs are for people of all backgrounds — artists and non-artists alike.

Nov 13 Three Wyeths. A look at three generations of artists of the famous Wyeth family. N.C.'s oil paintings of American leaders and heroes, Andrew's unique landscapes, and Jamie's imaginative images — all come together to reveal an interesting progression of American creativity. Join us for an enjoyable hour of challenging yourself to see in new ways.

Dec 11 A Look at Ancient Greece. An overview of the amazing innovations in Ancient Greek architecture, pottery and sculpture — which forever changed the world of art. Focusing on Greece's famous Classical period, we'll make surprising connections with our own modern culture and with ancient Rome. Join us for an enjoyable hour of challenging yourself to see in new ways!

Jan 8 Why So Famous? Offers a look at the work of Da Vinci, Monet, Van Gogh, Picasso, O'Keeffe, Warhol and others. Discover how famous examples of innovation and technique have changed our sense of what art is and can be. Join us for an enjoyable hour of challenging yourself to see in new ways!

This program generously sponsored by a grant from Scituate Education Foundation.

Seniors Writing with Seniors

See dates and times below. You must sign up!

Are you interested in writing? Are you interested in talking about writing? Are you interested in talking about writing with seniors from Scituate High School and seniors from the COA Expressive Writing group? If so, please reach out to Lisa Thornton (lthornton@scituatema.gov; 781-5454-8875) or John Scopelleti (jscopelleti@scit.org; 781-545-8759, x23376) The first meeting for this intergenerational collaboration will occur between mid-November and mid-December. No writing experience is required — just a willingness to try, talk, and listen!

- Thursday, 11/14: 8:15am – 9:18am
- Wednesday, 11/20: 11:22am – 12:18pm
- Thursday, 11/21: 9:22am – 10:25am
- Wednesday, 12/4: 11:22am – 12:18pm
- Thursday, 12/5: 9:22am – 10:25am
- Wednesday, 12/18: 9:22am – 10:18am

Memory Training — Nov 21, Dec 5, 12, 19

Arrival @ 9am. Program runs 9:15AM—11:15AM

Please register! Call 781-545-8722



What is Memory Training?

Memory Training is an innovative, educational course that teaches individuals techniques to improve their memory in a fun, interactive classroom environment. The program is designed to help combat common, age-related memory challenges. The **2-hour** program will meet Thursdays at 9:15-11:15 (coffee at 9:00) for **4 weeks**

Men's Breakfast at 9am \$8 off-site, \$5 @ Senior Ctr

Nov 5 — **South Africa.** Laura Isbrandt is a Scituate resident who has been living abroad since the late 90s. She will be talking about what it is like to live in Cape Town and what some of the differences and similarities are to life in the US. Get ready to ask questions about life at the southern tip of Africa on the other side of the Atlantic Ocean. Held at the Senior Center. December Men's Breakfast to be determined.

Come and connect! Socializing is a key to good health, along with starting the day with a delicious breakfast! SIGN UP PLEASE !!



Wool Felting Class

Tentative Date

**Thursday, Nov 14
9:30—11:30AM**

Danute has tremendous experience with Old World Crafts. She will work with you for this 2 hour class. All wool felt materials included. You will make a beautiful flower to keep for yourself or give as a gift. Enjoy this opportunity to make something with your own hands and learn a new skill.

Sign-up is required! 5-8 people \$20/person, 9+ sign-ups. \$15/person. Held at the senior center.

Age Well—Smile, Laugh & Learn

FRIDAY FLIX NEW START TIME! 12:30pm

Surround Sound, English Subtitles, 65" Flat Screen TV

Flag of our Fathers	Nov 8
Won't You Be My Neighbor? (Mr. Roger's Doc)	Nov 22
The Art of Racing in the Rain	Dec 13
"Viewer's Choice"— MAKE A REQUEST!	Dec 27
The Iron Lady	Jan 10

AWARD WINNING MOVIES! We want to see you! Get out, meet a friend or make a new friend and enjoy a MOVIE! Stop by to get details on each movie.

Aging Mastery (AMP) Reunion Brunch
DATE TBA 11:30am-1:00pm. @ Widows Walk— North River Grille. Cost \$8-12 pp Sign Up 545-8722

Are you a graduate of AMP? You are invited to attend a Reunion Brunch to connect with AMP graduates. This will be a great opportunity for everyone to engage with others who have had the AMP experience. We are hoping to have a guest speaker on a healthy aging topic.

AGING MASTERY PROGRAM Spring 2020

To be offered Thursdays—March 20 - May 22, 2020

This 10 week morning program is only offered in the Spring! If you have not signed up before, you don't want to miss this opportunity! This will be our fourth year offering this wonderful program, aimed at education and awareness. Join the ranks of other AMP graduates who have gained new tools and understanding on how to live a stronger, healthier, more informed future. **Sign up NOW.** We will contact you in January to confirm your spot in this select program. Space is limited. Course developed by the National COA - topics such as ... Gratitude, Healthy Eating, Healthy Relationships, Sleep, Advanced Planning, Financial Fitness, Community Engagement.

PAINTING CLASS MONDAY 12:30-3:30PM
@ Senior Center THURSDAY 4:00-7:00PM

Still life arrangements, demos, exercises, drawing skills, understanding color, mixing and watercolor application. Talented & long-time Instructor Joanne Papandrea. *Supply list available. Call for details @ 545-8722; No class on 2nd Thursday of the month. \$10 class. Thursday class there will be no instruction until further notice. Classes stop DEC 2 2019— Resume JAN 26, 2020*

EXPRESSIVE WRITING THURSDAYS @ 11:30 AM
Liz Ennis

Continues until Dec 19, Resumes Jan 9

Facilitator, Liz Ennis and students keep coming back for another session of this fulfilling expressive writing class. No writing experience necessary. We don't care about grammar! Why not try this activity to encourage *expression*! Sharing, storytelling and connection in a casual and welcoming environment. Great activity for cultivating mindfulness, gratitude and joy! No fee.

DINE OUT

Departs approx. 4:30 pm

Lunch *Call for reservation!*

Van ride \$3.00

Resumes January. Check out many other lunch and dinner events in November and December!

Dine Out Reservation: Call us to be part of the reservation! Dinner Reservation is limited to 12 people.

Van departs Senior Center at approximately 4-4:15 pm Call Kathy if you need a ride from your home!

Call for VAN reservation! Van ride \$3.00 VAN WILL ONLY RUN WITH 6 PEOPLE OR MORE! Invite a friend, so we do not need to cancel the van. Let us do the driving! All reservations should be made with payment for the van. If you are unable to attend, please call to cancel at least 5 days prior to event date.

Souper Tuesday — Begins January— Soup and Sandwich offered at the senior center @ lunch-time. Check newsletter for dates OR call the office for dates.

SCITUATE HISTORY

WEDNESDAYS, 1-2:30 PM

BOB JACKMAN

Oct 30, Nov 6, 13, 20, Dec 4 & 11

West End History at the Merritt Cemetery will be a series of classes about Scituate's West End concentrating of the lives of residents who were buried in the Merritt Cemetery located off Clapp Road. The name Merritt would imply that residents interred there were all Merritt's but that was not the case, and one famous doctor was actually a native of Germany. Tuition \$20.

WRITING GROUP

Robine Andrau

ONGOING

Tuesdays @ 1 PM

BRING YOUR STORIES TO LIFE in an informal workshop-style format. Author and Mariner Columnist, R. Andrau will encourage you to relive and write down meaningful experiences of your past using all the senses. You'll be ready to share. Please call to sign up. Class may be cancelled for inclement weather! You will be contacted if you are on our sign up list.

GARDEN THERAPY 2019-20

Tuesdays 12:30PM

EVENT DATE

SIGN UP DATE

NOV 12—AUTUMN FOLIAGE

OCT 1

DEC 10—BOXWOOD HOLIDAY TREES

NOV 1

FEB 11—HEARTS AND FLOWERS

JAN 1

MAY 6—SPRING FLING

APR 1

Offered by members of the Scituate Garden Club.

Materials and Demonstration by Scituate Garden Club.
 Space is limited. Sign up Required See dates for sign up!

🌀 Body & Brain Health 🌀

Scituate Library & Council on Aging

"Lunch in the Library" with Author- Jenna Blum

Tuesday Nov 19, 12:00-2:00

Will be held at Scituate Library, Community Room (lower level). Sign up is requested. If you would like to order a bagged lunch, \$7, please email or call Lisa Thornton 781-545-8875 or lthornton@scituatema.gov

Top 10 Health Benefits of Ping Pong / Table Tennis

Playing improves hand-eye coordination, stimulates mental alertness, concentration and tactical strategy. It also, improves reflexes- easy on the joints, burns calories, and keeps your brain sharp.

We are working on setting up a ping pong table to enjoy at designated times during the weekday. If you are interested, please let us know and we will be sure to notify you when we have pinned down time and place!

"No RULES" BOOK CLUB

Dec 18, 10:30-12 Noon

If you are interested, please call the senior center to learn about details. You have time to read the book.... If you don't read the book, don't let that stop you, this is the "No Rules" Book Club and we will have lots to discuss!

Title: **The Last Christmas in Paris** A novel about WWI by Hazel Gaynor and Heather Webb

WALKING GROUP—TUESDAYS @ 9AM NOV 5-26

MEET AT THE MARITIME CENTER—WE WILL WALK TO FIRST CLIFF AND SEE THE LIGHTHOUSE FROM ACROSS THE HARBOR.

Wear comfortable walking shoes. **Please dress in layers. It can be windy and cool by the water or hot and sunny! Wear a hat. Stay after the walk for a cup of coffee and to chat on the Maritime Center deck overlooking the harbor!**

All interested walkers welcome to join in. Bring your poles or borrow some from the senior center—We have 10 poles to loan out - call to reserve @ 545-8722. **You do not need to use poles to join this walking group!!!!** **Maritime Center: 119 Edward Foster Rd**

Monday		Tuesday		Wednesday		Thursday		Friday	
8:30 Floor Yoga	HCB	9:00 Cardio	SC	8:30 Floor Yoga	HCB			8:30 Floor Yoga	HCB
9:45 Chair Yoga	HCB	9:00 Walking Group Ends Nov 19	Meet at MC	9:45 Chair Yoga	HCB			9:45 Chair Yoga	HCB
9:30 Joint Efforts	SC	Walk w/ poles or without		9:45 Men's Yoga				9:30 Joint Efforts	SC
11:15 Balance 4 Life	HCB	1:30 Tai Chi	STM	12:30 Balance 4 Life	HCB	11:15 Balance 4 Life	HCB	1:00 Trail Walking Arrive 12:45 to car- pool to walk location Ends Nov 22	Meet @ SC

HCB = Harbor Community Building @ 44 Jericho Rd **SC** = Senior Center **MC**=Maritime Center **STM** = St. Mary's Parish Center

Floor Yoga: Anne/Elizabeth, \$10 **Chair Yoga** Anne/Elizabeth, \$5 **Men's Yoga:** Anne, \$10 **Joint Efforts:** Anne-Marie/Phyllis, \$3

Balance for Life: Sue \$4 **Cardio:** Chris \$4 **Walking:** Lisa/Dot **Tai Chi:** Linda \$2

TAI CHI—ONGOING, \$2 **TUESDAYS @ 1:30**

Harbor Community Building

Improve balance and overall health and well-being with this 24-week program. Questions and best date to start call 545-8722. Led by Linda Hayes.

PICKLEBALL PROGRAM

@ Jenkins School Gym (does not meet during school vacation, holidays and weather related closings)

Mon 4-6PM, Wed 4-6PM

Doubles; rotating play. Nets, beginner paddles and balls provided by the Senior Center. Instruction available for new players! Help with setup/breakdown of nets requested.

This is a volunteer-led Senior Center program. We do accept

BADMINTON

Wednesdays, 6:00PM

@ Jenkins School .Drop-in! All are welcome!

TECH TIME

Wed, Nov 13, Dec 11

@ 3PM

BRAIN GAMES @ Senior Center—Challenge the mind & meet a new friend!

Mah Jong—TUESDAYS @ 10:30-12:30 . This popular and lively game involves calculation and a little luck! Volunteer-led instruction. It is good for the brain and the smiles! Game tiles provided.

Scrabble—TUESDAYS @ 1:00-2:30PM

Hand & Foot Card Game—MONDAYS @ 1-3PM, held @ SHCB (Jericho Rd)

December 2019

Mon	Tue	Wed	Thu	Fri
<p>2 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 1:00 Hand &Foot Card Game 4:00 Pickleball</p>	<p>3 9:00 Cardio Men's Breakfast 10:30 Mah Jong 10:00 Food Pantry 1:00 Scrabble / Writing Group 1:30 Tai Chi</p>	<p>4 8:30 Yoga 9:45 Mens Yoga&Chair Yoga 10:00 Shaws 10:30 50+ Job Seekers Networking 12:30 Balance for Life 1:00 Scituate History 4:00 Pickleball 6:00 Badminton</p>	<p>5 9:00 Memory Training 9:30 Harbor 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting</p>	<p>6 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Ukulele</p>
<p>9 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 1:00 Hand &Foot Card Game 4:00 Pickleball</p>	<p>10 9:00 Cardio Nordic /Walking Group 10:30 Mah Jong 10:30 Coffee Concert Series 10:30 Mail 12:30 Garden Therapy 1:00 Scrabble/ Writing Group 1:30 Tai Chi-- Lesson One</p>	<p>11 Boston Pops Trip 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:30 Coffee Concert Series 11:00 Art for Your Mind 12:30 Balance for Life 1:00 Scituate History 4:00 Pickleball 6:00 Badminton</p>	<p>12 9:00 Memory Training 9:30 Harbor 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 6:30 COA Board Meeting</p>	<p>13 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Ukulele Practice 12:30 Friday Flix</p>
<p>16 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 1:00 Hand&Foot Card Game 4:00 Pickleball</p>	<p>17 9:00 Cardio Nordic /Walking Group 10:00 Food Pantry 10:30 Mah Jong 11:00 Parkinson's Support Group 1:00 Scrabble /Writing Group 1:30 Tai Chi</p>	<p>18 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 10:30 50+ Job Seekers Networking 12:30 Balance for Life 4:00 Pickleball 6:00 Badminton 6:00 After Dark-- Dine Out&Music</p>	<p>19 9:00 Memory Training 9:30 Harbor 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class</p>	<p>20 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:00 Holiday Party 9:00 Ask a Lawyer</p>
<p>23 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 1:00 Hand&Foot Card Game 4:00 Pickleball</p>	<p>24 9:00 Cardio 10:30 Mah Jong 10:30 Mail</p>	<p>25 Holiday Offices Closed</p>	<p>26 9:30 Harbor 11:15 Balance for Life 1:00 Knitting 4:00 Art Class</p>	<p>27 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:30 Friday Flix</p>
<p>30 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:30 Shop Hop 11:15 Balance for Life 12:30 Art Class 1:00 Hand&Foot Card Game</p>	<p>31 10:30 Mah Jong 10:00 Food Pantry 1:00 Scrabble / Writing Group 1:30 Tai Chi</p>	<p>Policeman's Luncheon, December 14, 12-2pm @ Congregational Church. Call the Senior Center @ 781-545-8722 to sign up! The more the merrier, but space is limited. Sign up NOW.</p>		

November 2019

Mon	Tue	Wed	Thu	Fri
<p>The River Club, November 17th. Don't miss this opportunity to connect! Kick-off the holiday season. Courtesy of the River Club! Always a fabulous meal, elegant setting and trademark hospitality. Sign up at the senior center 781-545-8722. Space is limited.</p>				
<p>4 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 1:00 Hand &Foot Card Game 4:00 Pickleball</p>	<p>5 9:00 Men's Breakfast 9:00 Cardio 9:00 Nordic/ Walking Group 10:30 Mah Jong 1:00 Scrabble / Writing Group 1:30 Tai Chi</p>	<p>6 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 12:30 Balance for Life 1:00 Scituate History 4:00 Pickleball 6:00 Badminton</p>	<p>7 9:30 Harbor 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class</p>	<p>8 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Ukulele Class 12:45 Trail Walking</p>
<p>11 Holiday Offices Closed</p>	<p>12 9:00 Cardio 9:00 Nordic/ Walking Group 10:30 Mah Jong 12:30 Garden Therapy 1:00 Scrabble / Writing Group</p>	<p>13 8:30 Yoga 10:30 Concert Series 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 10:00 BP 10:30 50+ Job Seekers Network 11:00 Art for Mind 12:30 Bal for Life 1:00 Scit History 3:00 Tech Time 4:00 Pickleball 6:00 Badminton</p>	<p>14 9:30 Felt Class 9:30 Harbor 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 6:30 COA Board Meeting</p>	<p>15 8:30 Yoga 9:00 Ask-a-lawyer 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Ukulele Class 12:45 Trail Walking</p>
<p>18 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 1:00 Hand &Foot Card Game 4:00 Pickleball</p>	<p>19 9:00 Cardio 9:00 Nordic/ Walking Group 10:30 Mah Jong 11:00 Parkinson's Support Group 12:00 Author Series 1:00 Scrabble / Writing Group 1:30 Tai Chi</p>	<p>20 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 10:30 50+ Job Seekers 12:30 Balance for Life 1:00 Scit History 4:00 Pickleball 6:00 Badminton 6:00 Acapella Group</p>	<p>21 9:00 Memory Training 9:30 Harbor 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class</p>	<p>22 8:30 Yoga 9:30 Joint Efforts 9 45 Chair Yoga 12:30 Friday Flix 12:45 Trail Walking</p>
<p>25 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 1:00 Hand &Foot Card Game 4:00 Pickleball</p>	<p>26 9:00 Cardio 9:00 Nordic/ Walking Group 10:30 Mah Jong 10:30 Coffee Concert Series 1:00 Scrabble / Writing Group 1:30 Tai Chi</p>	<p>27 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 12:30 Balance for Life</p>	<p>28 Holiday Offices Closed</p>	<p>29 Holiday Offices Closed</p>

☞ Social Services & Outreach ☞

MONDAY, WEDNESDAY & FRIDAY LUNCH

12:00-1:00 PM @ Harbor United Methodist Church, First Parish Rd; \$3 sponsored by South Shore Elder Services.



THURSDAY LUNCH, 12 NOON @ Congregational Church, 381 Country Way. This lunch is sponsored and served by dedicated church volunteers. \$4. No Reservations.

Monthly Community DINNER No Reservations

4th SUNDAY, 5PM @ St. Luke's Episcopal Church, Community dinner for all ages sponsored by various community groups. Donations Accepted.

Van transportation is available by calling the Senior Center at 781-545-8722— 48 hrs. ahead

Meals on Wheels program for home-bound or convalescing seniors Monday-Friday through SSES—Call 781-848-3910, x415 to inquire about this service.

THE SCITUATE FOOD PANTRY

Client Hours: Tuesday 10am-12:15pm, Thursdays 3:30-5:15pm

Food donation drop offs: Tuesday 9am-1pm, Thursday 3pm-6pm. The Food Pantry is located in the lower level of the Masonic Temple, 344 Country Way. FREE van ride must be made ahead by calling Kathy @ the senior center—781-545-8872

Winter Tips

Minimize outside activities, particularly the elderly and very young.

Dress in layers. Several layers of loose-fitting, lightweight clothing will keep you warmer than a single layer of heavy clothing. Try runners' tights to wear underneath your pants, it will keep you warm.

Wear the right gear. Wear either wool-lined winter gloves or heavy mittens, and sturdy, waterproof boots, protecting your extremities. A hat is essential, preferably one that covers your ears. Cover your face and mouth with a scarf to protect your lungs.

Excessive exposure can lead to frostbite, which is damaging to body tissues. Frostbite causes a loss of feeling and a pale appearance in extremities, such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, seek medical help immediately.

Do not leave pets outside during cold weather extremes. They need adequate shelter. In sub-zero temperatures, their paws, noses and ears can succumb to frostbite—bring them inside.

Know the warning signs of hypothermia: uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion.

Be safe with heat sources. If using alternate heating sources, such as your fireplace, wood stove or space heater, take the necessary safety precautions to ensure they are ventilating properly. Keep a fire extinguisher handy, and make sure everyone in the knows how to use it. Test smoke alarms and carbon monoxide detectors.

Seal off unused rooms by stuffing roll-up towels in cracks under doors.

Save the food. If you lose power for an extended period of time, don't let food go to waste! Use the outdoors as a makeshift freezer for food. Be sure to cover items to protect from wildlife.

To keep pipes from freezing, wrap them in insulation or layers of newspapers, covering the newspapers with plastic to keep out moisture. Allow a trickle of water to run from a faucet if your pipes have frozen in the past. Learn how to shut off water!

Be a good neighbor. Check in with elderly or disabled relatives and neighbors to ensure they are safe.

THURSDAYS @ HOUSING AUTHORITY

Jenny Gerbis, Outreach Coordinator at the Senior Center spends 30 minutes every month at each of the Housing locations in their Common Room. Stop by to say "hello" and see what information is available to you, or just have a chat.

NOVEMBER

Thursday 11/7 12:30 PM @ Lincoln

Thursday 11/14 12:30 PM @ Central

Thursday 11/21 12:30 PM @ Wheeler 1, 1PM @ Wheeler 2

DECEMBER

Thursday 12/ 5 12:30 PM @ Lincoln

Thursday 12/12 12:30 PM @ Central

Thursday 12/19 12:30 PM @ Wheeler 1, 1 PM @ Wheeler 2

SHINE—BY APPOINTMENT

Serving the Health Information Needs of Everyone

Call for an appt. with SHINE Counselor Rich Durkin, volunteer at the Senior Center, to discuss issues and concerns regarding your health insurance coverage. Please call to schedule an appt. on the following dates: **Nov. 21, Dec. 5, 12, 19**

GET YOUR GATRA/MBTA SENIOR CHARLIE CARD

Seniors 60 years of age or older are eligible for half-fare on all public transportation in Massachusetts by filling out a one page application and showing a copy of proof of their date of birth. Come into the COA office to have your photo taken. No charge for the card. Card will be mailed to you in 1-2 weeks.



FIRE SAFETY INSPECTIONS

Scituate Fire Department is again sponsoring through the state S.A.F.E. program (Senior Awareness of Fire Education) visits to residences that would like their homes and smoke/carbon dioxide detectors inspected for optimal operation. Appointments can be made at the COA 45-8722 or by calling Linda 5-8711.

FUEL ASSISTANCE 2019-20 Call Jenny 545-8873

The State/Federal Fuel Assistance Program, operated and administered by South Shore Community Action has begun, and will run until April 30, 2020. The program is open to the community. The Council on Aging is the agent for the Town of Scituate.

Applicants are required to provide the following information for head of household and family members 18 and over:

- ID for head of household
 - Soc. Sec #'s and DOB for all family members
 - Last 30 days income for all family members over 18 unless in college full time, including: Social security award letter. Pension or IRA distributions, Unemployment, Child Support
- Copy of heat bill, copy of electric bill and Town of Scituate tax bill, mortgage bill or rent receipt if applicable. Homeowners

🌀 Once a Month—Support and Services 🌀

NEW PARKINSON'S SUPPORT GROUP

Third Tuesday at 11:00 @ Scituate Harbor Community Building for individuals with Parkinson's and caregivers. If you are interested in attending, please call 781-545-8722 for details. Facilitated by Leslie Vickers.

CAREGIVER SUPPORT GROUPS

COA SUPPORT GROUP IN SCITUATE— NEW LOCATION @ SCITUATE TOWN LIBRARY

Third Wednesday at 12:00-1:00 for all caregivers at Scituate Town Library, Branch Street, **Scituate**. The group is led by experienced facilitators Laura Minier, LICSW, Manager of Social Services, Town of Scituate, and Barbie Rugg, South Shore Elder Services. This is an open group but please call in advance, Laura Minier, 781-378-1653.

OTHER AREA SUPPORT GROUPS—MONTHLY Caregiver Discussion Groups

EVENING

First Wednesday at 6:00-7:30 PM at Sunrise of Cohasset 125 King St. (Route 3A). For information, call Bonnie Haley at 617-686-6173.

First Thursday at 6:00PM at Village at Proprietors Green 10 Village Way, **Marshfield** 781-834-7885.

DAYTIME

First Tuesday at 2:00-3:00 PM at Duxbury Senior Center 10 Mayflower St, **Duxbury**. For information, Donna Ciappina, LSW 781-934-5774, x 5730.

Third Wednesday at 10:30-12 Noon at Village at Proprietors Green, 10 Village Way, **Marshfield**. For information, 781-834-7885

VISION SUPPORT GROUP

Third Monday at 10:00 AM at **Hingham** Elder Services, 224 Central Street, Hingham. *Scituate COA will provide transportation to and from this event for our clients. Call the Senior Center for more support group information.*

BLOOD PRESSURE CHECK!

Third Wednesday Town Nurse, Eileen Scotti will be here **@ the Senior Center, 10:30-11:30 AM.**

BP screening, B12 shots with prescription, and can answer health questions—no appointment or co-pay!

FREE HEALTH SCREENING CLINICS—WED 10AM

3rd & 5th week—**Senior Center; Screenings include:** Blood pressure and vital sign assessment, Blood sugar screening, B12, nutritional & health counselig, medication review and instruction by Town nurse, Eileen Scotti. Office hours: Thursday, 9-11AM. Board of Health Office @ 600 CJC Highway (next to Town Hall)

FREE Sand Buckets 4 Seniors— Call Linda 545-8871

PROFESSIONAL MEETINGS

Call the Front Desk or ask for Jill to book an appointment by calling 781—545—8722 ext. 2 for any of these professionals

LIFE INSURANCE REVIEW & LONG TERM CARE OPTIONS

1st Friday

Are you concerned about your coverage? Is your life insurance policy still in place and is there a cash value? Are your beneficiaries up-to-date? Do you have adequate coverage? Meet with **Elaine Buonvicino, Independent Insurance Agent** to review your existing Life Insurance Policy(ies) or Long Term Care Policy. Complimentary appointments are available monthly between 9-11 AM.

ASK A LAWYER

3rd Friday



If you have a legal question, you can schedule a complimentary half-hour appointment with one of our attorneys volunteering monthly at the Scituate Senior Center. Elder Law Attorneys Michael Loring, Chris Sullivan & Frederick Hayes will rotate monthly to provide this service. *Call 781-545-8722 for a morning appointment.*

MEET YOUR SENATOR Sen. Patrick O'Connor

**3rd Thursday
10:30-11:30 AM**

Take advantage of regular opportunity to talk with Sen. O'Connor or his District Coordinator, Lou Rizzo. They are open and interested in hearing what the constituents want or want to discuss. We make the coffee—you bring the talk!

MEET YOUR REPRESENTATIVE

4th Friday

Representative Patrick Kearney is pleased to continue the tradition of meeting with any and all interested seniors at the Scituate Senior Center—the 4th Friday of the month. Call the Senior Center if interested in a meeting on the 4th Friday of the month, or call 617-690-7923 to discuss your issues by phone directly with the office.



FINANCIAL SERVICES

1st Monday

Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? Call the Senior Center to be referred for an appointment in their local Scituate office.

Lori Shea, Edward Jones Financial Advisor is available monthly for a FREE 30 min. appt.

FINANCIAL SERVICES

Call for an appt.

Adrienne Rowles, Financial Advisor and Vice President of the Woerdeman Financial Group. If you are looking for predictable income and safety of your investments, she is available for a FREE 30 min. appt.

REALTOR DAY

Jack Conway Realtors

**Please sign up
DATES TBA**

Outreach program designed to educate people on topics involving real estate. Such topics may vary from legal issues, understanding probate and estate planning, housing options.

🌀 Trips — live & learn! 🌀

Saturday, November 9 BOSTON CHRISTMAS FESTIVAL,
9-3pm, \$20. Minimum 10 person to run this trip.

Coffee Concert Series offered by South Shore Conservatory

November 26, December 10—Concerts @ Ellison Center,
Duxbury, 11am Doors open at 10:30. Concert is free. Call 545
-8722 to make reservation. **Drive Self! No Van Ride Available.**

November 13, December 11—Concerts @ Laura's Center for
the Arts, 11am HANOVER. Van is available \$3.50 Call for ride.

Wednesday, Dec 4—WELLSPRING Tour, Shop and then
lunch at The Parrott in Hull. 10am– 2pm Bring money for
lunch. \$10 credit to shop in Wellspring thrift shop.

MONDAY SHOP HOPS

10:30 AM ~ 12:30 PM

November 18	Hingham ~ Derby Street Whole Foods / Kohl's
November 25	Plymouth ~ Market Basket/Walmart
December 2	Pembroke ~ Christmas Tree Shop / Dollar Store
December 9	Marshfield ~ Ocean State Job Lot / Marshall's
December 16	Braintree ~ South Shore Plaza
December 23	Hanover ~ Target / Dollar Store / Trader Joe's
December 30	Cohasset ~ Stop & Shop
January 6	Plymouth ~ Market Basket / Walmart
January 13	TBD

Minimum 6 participants needed for each shop hop

Van fee: \$3.50 cash or use your pass

Call Kathy @ 781-545-8872 to register

Trips may cancel if a driver is unable to drive on the date/time advertised. We apologize for the inconvenience and will try to reschedule.

TRIP POLICY: You may sign up for yourself and one other person. We will keep a waitlist for each trip. If you need to cancel your reservation, your money will only be refunded if your place can be filled from the waiting list 2 days prior to trip date! No refunds within 48 hours of trip date. **PAYMENT MUST BE RECEIVED W/IN 3 DAYS of SIGN UP...otherwise WE WILL SKIP YOU AND GO TO THE WAITLIST. PAYMENT IS DUE with SIGN UP for ALL TRIPS**

Local & Out-of-Town Transportation

REGULAR SCHEDULED TRIPS

RIDES for Food Pantry—FREE

TUESDAYS: Scituate Food Pantry 10AM – 10:45 AM (1st & 3rd Tues)

TUESDAYS: Hanover Mall / Target / Trader Joe's / Dollar Store

10:30 AM – 12:00 PM (2nd & 4th Tuesday of the Month)

WEDNESDAYS: Shaw's Supermarket 10:00 AM – 11:00 AM

THURSDAYS: Scituate Harbor 9:30 AM – 10:30 AM

Congregational Church Lunch 12:00 PM – 1:00 PM

TRANSPORTATION COORDINATOR, KATHY CLARKESON

Call 781-545-8722 @ Ext 3 to schedule your requests for

COA van for all transportation.

The **Dial-A-Ride** program is an origin to destination ride service.

Drivers are not permitted to exit the vehicle for any
reason other than to operate the wheel chair lift.

If you are on the list of routine riders for any regularly scheduled trip you must cancel if your personal schedule changes

10 Ride Pass for \$15 = \$1.50 each way Cash = \$1.75 each way / \$3.50 round trip

Out of Town Medical = \$5 each way / \$10 round trip payable in advance of scheduled trip to the Scituate Council on Aging.

Out of Town Medical CANCELLATIONS are required 24 hours in advance of your scheduled ride or you may be responsible for the full cost of ride as billed by South Shore Community Action Council to the Scituate Council on Aging.

If the transportation fee causes hardship, schedule a confidential appointment with Jenny Gerbis, Outreach Coordinator.

MEDICAL RIDES OUT OF SCITUATE* are provided Monday thru Friday, only for appointment times between 10:30 AM and 1:00 PM. Rides require a minimum of 5 business days advance notice. All ride requests are processed through the Town of Scituate Council on Aging Transportation Department. Rides are provided through South Shore Community Action Council. Residents are not permitted to contact South Shore Community Action Council directly for transportation requests. Earliest Pick-up is 9:45AM.

MEDICAL & LOCAL RIDES WITHIN SCITUATE* are provided Mondays 8:30 AM – 3:30 PM; Tuesdays (1st & 3rd) 8:30 AM – 3:30 PM / (2nd & 4th) 1:30 – 3:30 PM; Wednesdays 1– 3:30 PM; Thursdays 1:30 – 3:30 PM; Fridays 8:30 AM – 2PM. Local rides include medical and other appointments, the Senior Center or other off site locations for activities, library, shopping, pharmacy, hair dresser, etc. Our vans run on the same schedule as the COA operating hours. Rides require a minimum of 2 business days advance notice.

*When making medical appointments, we will need your appointment date, time, duration of appointment, doctor's name, address and phone number. Please advise the doctor's office that the Council on Aging will be providing your transportation.

AMERICAN CANCER SOCIETY provides medical appointment transportation for persons receiving cancer treatments. 508-897-4300.

Discount Senior MBTA Cards can be applied for or renewed by mail or e-mail with a new photo; call Jill, x 2. Photos can be taken at the Senior Center and sent electronically to GATRA. Your MBTA card will be mailed to you at the address you provided.

CATHERINE MCGOWAN SENIOR CENTER
27 BROOK STREET
SCITUATE, MA 02066

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Council on Aging Board Meetings are scheduled for the 2nd Thursday of the month at the Senior Center. These are public meetings & are videotaped to be played on Scituate Cable TV. The next meetings are: Nov 14 & Dec 12 at 6:30 pm. **Check the town website for meeting postings or changes.**

WE ARE ON-LINE TOO!

You can read this newsletter on-line
BEFORE it comes in the mail.

Go to: Town website at scituatema.gov; Department-Council on Aging, and Newsletters.

ALSO, www.ourseniorcenter.com

Find: **Scituate Council on Aging.**

You can sign up with your e-mail and receive notice when it is published (well before mailing!).

"Like" us on **Facebook:**

Search **Scituate Council on Aging** AND **TownofScituate** Share to your friends!

Follow us on Twitter: [@ScituateCOA](https://twitter.com/ScituateCOA).

THANKSGIVING LUNCHEON BUFFET

Sunday, Nov. 17 — 1:30 pm at THE RIVER CLUB

Fabulous event courtesy of The River Club owners. Wonderful meal and entertainment. Reservations required! Call the senior center 781-545-8722

POINSETTIA PLANTS Be part of the holiday tree building! **BUY** a poinsettia plant for \$18. We are looking for 20 people so that we can build our poinsettia tree for the holiday season. The tree will be displayed at the Council on Aging for the holiday season as soon as we have enough plants! Ask the office staff for details.



FOSS meets the 2nd Tuesday of each the month at 10 a.m. for Events and Regular meeting at 11 a.m. at the Harbor Methodist Church.



We want to thank the Friends of Scituate Seniors for funding our coffee .

NEW re-usable shopping bags at the Senior Center!
Generously donated by Scituate's **12 Women Care.**

CHECK OUT our NEW LENDING LIBRARY

With current reading materials. Book reviews will be available. Thank you to Dr. Nancy Harris for her generous donations setting up and filling the lending library with some great reads!

We ask that you sign out a book and return the book when you are finished reading it, so that someone else can enjoy it!